

What Is Claimed Is:

1. A method for the treatment or prevention of Alzheimer's disease, in a human, comprising administering to a human in need thereof an effective amount of an agent which results in lowered serum insulin levels.
- 5 2. The method of claim 1, wherein said agent is chromium.
3. The method of claim 1, wherein said agent is insulin-like growth factor.
4. The method of claim 1, wherein said agent is a dopamine agonist.
5. The method of claim 4, wherein said dopamine agonist is bromocryptine.
- 10 6. The method of claim 1, wherein said agent is a thiazolidinedione.
7. The method of claim 6, wherein said thiazolidinedione is troglitazone.
8. A method for the treatment or prevention of Alzheimer's disease, in a human, comprising restricting the metabolizable carbohydrates in the diet of the human to a level which results in lowered serum insulin levels.
- 15 9. The method of claim 8, wherein the metabolizable carbohydrates in the diet are limited to no more than about 55 grams per day.
10. The method of claim 8, wherein the metabolizable carbohydrates in the diet are limited to no more than about 30 grams per day.

11. The method of claim 8, wherein the metabolizable carbohydrates in the diet are limited to no more than about 15 grams per day.
12. The method of claim 8, wherein the metabolizable carbohydrates in the diet are limited to no more than about 10 grams per day.
- 5 13. A method for the treatment or prevention of Alzheimer's disease, in a human, comprising administering to a human in need thereof an effective amount of an agent which results in lowered serum insulin levels and restricting the metabolizable carbohydrates in the diet of the human.
- 10 14. The method of claim 13, wherein said agent is selected from the group consisting of chromium, insulin-like growth factor, a dopamine agonist and a thiazolidinedione.
15. The method of claim 13, wherein said agent is troglitazone.
16. The method of claim 13, wherein the metabolizable carbohydrates in the diet are limited to no more than about 55 grams per day.
- 15 17. The method of claim 13, wherein the metabolizable carbohydrates in the diet are limited to no more than about 30 grams per day.
18. The method of claim 13, wherein the metabolizable carbohydrates in the diet are limited to no more than about 15 grams per day.
- 20 19. The method of claim 13, wherein the metabolizable carbohydrates in the diet are limited to no more than about 10 grams per day.

20. A method of improving mentation of a patient with Alzheimer's disease, comprising administering to said patient an effective amount of an agent which increases the insulin sensitivity of the patient.